

**ABSTRACT OF THE DISCLOSURE**

A method for thermoforming a cellular thermoplastic resin comprises exposing a cellular thermoplastic resin to a controlled humidity environment to obtain a conditioned cellular thermoplastic resin, molding the conditioned cellular thermoplastic resin to form a desired shape, and heating the conditioned cellular thermoplastic resin to cause the crystalline content of the thermoplastic resin to be at least about 20-30 percent. A method for conditioning a cellular thermoplastic resin comprises exposing a cellular thermoplastic resin to a controlled humidity environment to obtain a conditioned cellular thermoplastic resin.

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